

FRY NOW, PAY LATER



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Prepared by Deanna Munson, Extension Textiles Specialist, Kansas State University.

Contract to Protect my Health by Reducing Sun Exposure

Because exposure to sun can cause health problems for me—including basal and squamous cell carcinomas or malignant melanomas, all forms of skin cancer—as well as premature aging of the skin, I agree to do the following:

~~ I	(Place a check next to the items you agree to do.)	
	I will use a lotion of SPF 15 or greater or wear adequate protective clothing any time I will be in the sun a sufficient amount of time to redden my skin.	
	I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible.	
	I will not use a tanning bed, booth or lamp.	
	I will avoid intentionally tanning my skin to preserve its natural elasticity and to	
_	prevent wrinkles, leathery appearance and possibly skin cancer.	
	I will know the warning signs of skin cancer.	
	I will conduct self-examination for those warning signs at least once a month and seek medical advice immediately if any questionable spots are found.	
	seek inedical davice ininicalacity if any questionable spots are found.	
Contract to Reduce My Child's Sun Exposure		
	I agree to teach the following life habits to my child:	
	During the first six months of my child's life: I will not expose my child to direct sunlight for any extended period of time.	
	During the preschool years:	
	I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection.	
П	I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible.	
_	I will practice similar protection strategies when I am responsible for friends of	
	my children.	
	I will make sure my children's caretakers observe the above guidelines.	
	I will examine my children to make sure there are no suspicious spots, and if any-	
	thing is detected take them to a doctor immediately.	
	After my children start school:	
	I will teach them the early warning signals of skin cancer.	

□ I will teach them how to do a self-examination and make sure they do one monthly.
 □ I will teach them the same sun protection rules we practiced when they were

☐ I will encourage group outdoor activities to be scheduled before 10 a.m. and after

younger and see that they take responsibility for those activities.

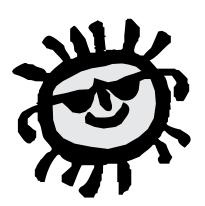
☐ I will not allow my children to use tanning beds, lamps or booths.

MF-2410a October 1999

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

2 p.m. when possible.

It is the policy of Kansas State University Agricultural Experiment Station and Cooperative Extension Service that all persons shall have equal opportunity and access to its educational programs, services, activities, and materials without regard to race, color, religion, national origin, sex, age or disability. Kansas State University is an equal opportunity organization. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Marc A. Johnson, Director.



FRY NOW, PAY LATER



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Prepared by Deanna Munson, Extension Textiles Specialist, Kansas State University.

Contract to Protect my Health by Reducing Sun Exposure

Because exposure to sun can cause health problems for me—including basal and squamous cell carcinomas or malignant melanomas, all forms of skin cancer—as well as premature aging of the skin, I agree to do the following:

☐ I will use a lotion of SPF 15 or greater or wear adequate protective clothing any

(Place a check next to the items you agree to do.)

 □ I will avoid intentionally tanning my skin to preserve its natural elasticity and to prevent wrinkles, leathery appearance and possibly skin cancer. □ I will know the warning signs of skin cancer. □ I will conduct self-examination for those warning signs at least once a month and seek medical advice immediately if any questionable spots are found. Contract to Reduce My Child's Sun Exposure □ I agree to teach the following life habits to my child: □ During the first six months of my child's life: □ I will not expose my child to direct sunlight for any extended period of time. □ During the preschool years: □ I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. □ I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. □ I will practice similar protection strategies when I am responsible for friends of my children. □ I will make sure my children's caretakers observe the above guidelines. □ I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. □ After my children start school: □ I will teach them the early warning signals of skin cancer. □ I will teach them how to do a self-examination and make sure they do one monthly I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		time I will be in the sun a sufficient amount of time to redden my skin. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will not use a tanning bed, booth or lamp.	
 I will know the warning signs of skin cancer. I will conduct self-examination for those warning signs at least once a month and seek medical advice immediately if any questionable spots are found. Contract to Reduce My Child's Sun Exposure I agree to teach the following life habits to my child: During the first six months of my child's life: I will not expose my child to direct sunlight for any extended period of time. During the preschool years: I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		I will avoid intentionally tanning my skin to preserve its natural elasticity and to	
 □ I will conduct self-examination for those warning signs at least once a month and seek medical advice immediately if any questionable spots are found. Contract to Reduce My Child's Sun Exposure I agree to teach the following life habits to my child: During the first six months of my child's life: I will not expose my child to direct sunlight for any extended period of time. During the preschool years: □ I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. □ I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. □ I will practice similar protection strategies when I am responsible for friends of my children. □ I will make sure my children's caretakers observe the above guidelines. □ I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: □ I will teach them the early warning signals of skin cancer. □ I will teach them how to do a self-examination and make sure they do one monthly I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 	П		
I agree to teach the following life habits to my child: **During the first six months of my child's life:* □ I will not expose my child to direct sunlight for any extended period of time. **During the preschool years:* □ I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. □ I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. □ I will practice similar protection strategies when I am responsible for friends of my children. □ I will make sure my children's caretakers observe the above guidelines. □ I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. **After my children start school:* □ I will teach them the early warning signals of skin cancer. □ I will teach them how to do a self-examination and make sure they do one monthly I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities.		I will conduct self-examination for those warning signs at least once a month and	
 During the first six months of my child's life: I will not expose my child to direct sunlight for any extended period of time. During the preschool years: I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 	Contract to Reduce My Child's Sun Exposure		
 I will not expose my child to direct sunlight for any extended period of time. During the preschool years: I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		I agree to teach the following life habits to my child:	
 I will not expose my child to direct sunlight for any extended period of time. During the preschool years: I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		During the first six months of my child's life:	
 I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 			
 tion and will make sure they never go into the sun without adequate protection. I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		During the preschool years:	
 I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible. I will practice similar protection strategies when I am responsible for friends of my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection.	
 my children. I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible.	
 I will make sure my children's caretakers observe the above guidelines. I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 	_		
 I will examine my children to make sure there are no suspicious spots, and if any thing is detected take them to a doctor immediately. After my children start school: I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 			
 I will teach them the early warning signals of skin cancer. I will teach them how to do a self-examination and make sure they do one monthly. I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		I will examine my children to make sure there are no suspicious spots, and if any-	
 □ I will teach them how to do a self-examination and make sure they do one monthly □ I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities. 		After my children start school:	
☐ I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities.		I will teach them the early warning signals of skin cancer.	
younger and see that they take responsibility for those activities.		I will teach them how to do a self-examination and make sure they do one monthly.	
	П		
☐ I will encourage group outdoor activities to be scheduled before 10 a.m. and after 2 p.m. when possible.	_	I will encourage group outdoor activities to be scheduled before 10 a.m. and after	
☐ I will not allow my children to use tanning beds, lamps or booths.			

MF-2410a October 1999

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

It is the policy of Kansas State University Agricultural Experiment Station and Cooperative Extension Service that all persons shall have equal opportunity and access to its educational programs, services, activities, and materials without regard to race, color, religion, national origin, sex, age or disability. Kansas State University is an equal opportunity organization. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Marc A. Johnson, Director.